



Sharing dreams and writing requires a great deal of trust. In order to create conditions for safety, we agree to follow these guidelines

**The Vegas Rule.** We observe strict confidentiality in our groups. What's said in a DOTP Circle stays in our circle.

**Prompt or not.** Writing in response to the prompts provided by the facilitator can shake you out of old habits and inspire you to explore new territory. That said, you may modify the prompt—or even skip it—to suit your needs and writing goals.

**Speaking of dreams.** We'll be sharing dreams as well as writing together. Remember, the dreamer is the authority on the meaning of her or his own dream. You are invited to listen to the dream as if it were your own and discover what it means for *you*. Then use the phrase "*As my dream*" to introduce your comments about it.

**Receive, receive.** When someone shares a dream or piece of writing with the group, we receive it with open, patient, curious, non-judgmental, and loving attention.

**Look for the good.** When we offer feedback, we respect the fact that both dreams and creative writing can bring up a lot of emotions, including feelings of vulnerability. Therefore, we offer gentle, strength-based responses to what we hear. We might comment on what stays with us, what surprises us and what intrigues us.

**Works of fiction.** We regard all writing as works of fiction, even if we think we recognize a story as the writer's experience. We don't assume that the narrator in a piece of writing is the author. This is an important shift that allows us the freedom to write whatever is in our hearts.

**A shared birthright.** Dreams and storytelling are inherent to all people, including people of all language groups, ethnic, racial, and religious groups, no matter what their economic or educational background. We welcome, honor, and respect everyone in our groups. We come together for a shared interest in dreams, writing, and creativity and not to debate, convince, or correct anyone on their belief systems that may differ from our own.

**Take Care.** Take good care of yourself; let the group leader know if you need something so they can support you in getting it.

